

Shelter-in-Place for Pandemic

When disaster strikes, it may be safer to stay in your home, place of employment, or other location. Learn where to go, what to do, and how long you should shelter-in-place for the hazards in your area.

A pandemic is a disease outbreak that spans several countries and affects a large number of people. Because the virus is new to humans, most people will not be immune and a vaccine may not exist right away.

Take Additional Safety Measures

Stay at home as much as possible and stay away from others that are sick.

Wash hands frequently with soap and water for 20 seconds. Hand sanitizer with 60% alcohol may be used if soap and water is not available.

Wear a mask when you are out of the home, caring for someone who is sick, or if you are ill coughing, sneezing, etc.

Practice good health habits. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

Keep physical distance from others. Practice keeping at least 6 feet apart. Limit close, face-to-face contact with others.

Listen for current emergency information and instructions.

Cover your mouth and nose with a mask when in public and follow CDC Guidelines

Face masks protect the wearer and others by reducing the spread of a virus.



N95 Mask

- Tight fitting
- Filters at least 95% of large and small airborne particles
- Disposable



Surgical Mask

- Looser fitting
- Contains large droplets
- Disposable



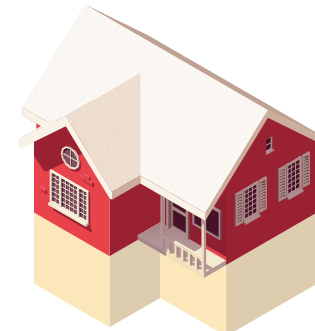
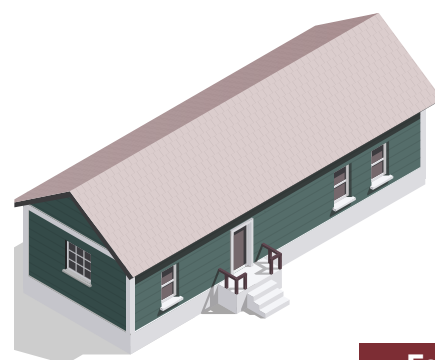
Cloth Face Covering

- Looser fitting
- Two layers contain large droplets
- Reusable with washing

If you are in a **Manufactured or Mobile Home**

If you are in a **1- or 2-Story Building**
May have an attic and/or basement

If you are in a **Multistory Building**
Includes schools, apartments, and offices



For all homes structures, stay inside as much as possible to reduce exposure to the virus.

What to do

Minimize trips outside to only essential requirements, e.g. buy two weeks of food at a time.

Create an emergency plan so that you and your family know what to do and what you will need in case an outbreak happens. Consider how a pandemic may affect your plans for other emergencies.

Gather supplies in case you need to stay home for several days or weeks. Supplies may include cleaning supplies, non-perishable foods, prescriptions, and bottled water. Buy supplies slowly to ensure that everyone has the opportunity to buy what they need. Remember that not everyone can afford to stock up immediately. Consider avoiding WIC-labeled products so that those who rely on these products can access them.

Quarantine vs. Isolation

All people should shelter in place as much as possible

Quarantine separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.

Isolation separates sick people with a contagious disease from people who are not sick.

How long to shelter-in-place?



If you believe you've been exposed to the disease, contact your doctor, follow the quarantine instructions from medical providers, and monitor your symptoms.

If you're experiencing a medical emergency, call 9-1-1 and shelter in place with a mask, if possible, until help arrives.